

WOW News

Celebrating Health & Wellness



National Employee Health & Fitness Day is

May 19, 2004 (click for ideas)

Celebrate this day by first asking yourself,

- “ *What do I do to maintain my health & wellness at work ?*
- *Do I eat 5-9 fruits & vegetables daily ?*
- *Am I moderately physically active 30-60 minutes on most days? “*

The American Academy of Family Physicians suggest that to stay with healthy habits one needs to stick to a schedule, exercise the same time daily; shop for, stock your pantry, and eat low fat, high fiber foods and 5-9 fruits & vegetables daily. When you schedule exercise on your calendar, buy fruits & veggies, and low-fat high fiber foods, it is more likely that you will exercise & eat healthy, and develop healthy lifestyle habits even at work.

The secret is “*keeping fit*”; it is a *conscious daily choice* for your personal health & well-being. Make health a priority and **WOW—Work On Wellness** daily.

Hey Michigan!
Let's Get Moving



May 2004

[Pedometer Discount](#)

[Walk It Out](#)

[99 Tips to Family Fitness](#)

[Fitness Club Discounts](#)

[Active Michigan Summer](#)

There's More.....

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Department of Environmental Quality and "6 Weeks to Wellness"

"April 12th— May 21st DEQ's Wellness Committee is sponsoring a *Spring into Wellness*, a fun walking program to improve health and fitness," says Annette Nealy, the program coordinator.

The picture, representing DEQ's 14 divisions, was created by Lynne McGarry, a 6 Weeks to Wellness Committee member.

Each division has a "wellness" rep, who tracks the participating employee's number of weekly steps, and the total # of steps per division. **Everybody loves competition!**

- There are weekly e-mail messages with wellness info, i.e. weight loss, exercise, fitness, mental health.
- Walkers received a calendar with daily tips/ideas/health suggestions,
- And a weekly food log.
- There are 2 *brown bag* programs: Team Playmakers 5K Run/Walk Summer Program. and Work/Life Balance: Really? By Lori Strom MPA, Coordinator of the MSU Family Resource Center.
- One day is exchange your healthy snack; bring in your healthy snack, place it into a numbered brown sack, draw a number, and take the corresponding snack brown sack. ENJOY!
- A Finale Picnic is scheduled at Potter's Park, May 21st.



The mission statement of the DEQ Wellness Committee is:

- To support all employees wanting to make and/or maintain healthy lifestyle changes.
- To provide health education to all employees in the areas of nutrition, stress management, fitness, and disease and non-work related injury prevention.
- To develop and offer physical & mental wellness activities throughout the year.



130 women with Team Playmakers E. Lansing, MI went to New York City March 21, 2004.

This was the 1st MORE Marathon for women 40+.

“11” were State of Michigan employees.

The following are 4 of their stories:

I am Lynn
and I started
running when
I turned 40
years old.



I had been walking for years and even though I enjoyed it, I didn't lose any weight or notice any toning. As my three sons became more involved in their own activities, I found that I didn't have time to walk as much. I began running 2-3 miles 3 or 4 times a week and *felt much better* than I did walking and it took less time. *I felt I was getting a better workout in the same or less amount of time.*

I run 3-4 times a week and I try to run 3-4 miles each time. I find that after skipping a few days I am always ready to get back at it. The reason I ran the 1/2 marathon was to be able to go to New York. I had never been there and knew this would be a good reason to go. I joined Team Playmakers so I would have some guidance on how to best prepare. They were great and I got a lot of good information from them as well as new friends.

For me running isn't just exercise. It gives me time to think about things and get my life organized. When I'm done running, I have lots of energy and I can get more things done.

Lynn works for CIS as Executive Secretary for Labor & Economic Growth.

I am Sarah

and I am
under 40
(28 actually).



I was able to participate in the MORE Half Marathon by becoming a partner with a woman over 40. The full marathon was all women over forty. I was interested in doing this event for multiple reasons. *I've been exercising regularly for a long time, but became more focused 7 years ago when I decided to do a triathlon. Since then I have done triathlons of varying lengths for the past 5 summers, and running races up to a marathon. I took some time off from running because of knee problems and wanted to use the MORE Half Marathon as motivation to do long walks during the winter. I try to make exercise an important part of my life for health reasons, and because it makes me feel good in general.*

I have done a few all women's triathlons, and am always touched by hearing other women's stories and learning more about women who are just beginning an active lifestyle. *Their laughter, joy, and determination can help you put exercise and racing into better perspective, and remember the fun of exercising. Sometimes training and even racing can become monotonous and it's easy to get too focused on your time in an event, or your place in your age group, when you've been doing races for awhile. Seeing beginners, women with children, cancer survivors, etc. helps me appreciate my ability to swim, bike, and walk. Watching the women older than me in the MORE event gives me motivation to continue to make exercise an important part of my life and I only hope that when I'm 40, or 50, or 80, that I can still continue to be active.* The marathon was a way to honor those women who may not have grown up in an environment that encouraged them to be physically active or participate in sports, but have now found a way to make it part of their lives.

A 'training' team/group provides a great opportunity for women (and men too!) to participate in running events and to have someone help you get started if you are new to running/walking. The group workouts, workshops with tips on gear and training, and the goal of participating in an event are good motivators to becoming more active.

My fiancée and I spend a lot of time biking, swimming, walking together, which is a great after work activity to help leave office worries in the office.

Sarah is an Aquatic Biologist with DEQ.

My name is Jacki and I have been a *runner for four years*. I have lifted weights for about 20 years, and enjoyed downhill and cross-country skiing, and walking. *I wanted to do something that involved more cardio*. One of my friends is a personal trainer and she urged me to try running. While it is very challenging, it fits me and it is neat to finish events that are fundraisers. 'Race for the Cure' and the 'AIDS' walks are examples, in honor and memory of people with various illnesses.

When you run, you see things you would not see otherwise. At a half-marathon on Machinaw Island on Halloween weekend 2001, we saw a woman wearing a leopard suit riding a bike. At the 'Crim' in Flint every August there have been people who run dribbling three basketballs (the whole ten miles), a man who juggles during the race, and pets dressed in costumes on the sidelines watching the race. At the 'Run through Hell' a devil directs traffic on the race course. It is great to see the supportive crowds, and the volunteers it takes to have a successful race really make a world of difference. It is also interesting to see what the runners are offered by spectators at a race: Krispy Kremes and beer at the Chicago Marathon for example. *The great laughs you can enjoy during a hard race help a lot when the "going gets tough"!*



I train 5-6 days a week, usually running three or four days in a row and then resting or riding a bike/lifting weights since I've had some running-related injuries. I run at 4:45 or 5:00 on some mornings which can be a challenge! *My husband is very supportive of my running, and I have several friends who run, some of whom are involved with Team Playmakers as well. Our Coach, Ann Forshee-Crane, is the most amazing person. Ann is always encouraging us, cheering us on, advising and supporting us with her 30+ years of running experience.*

Running is a great stress reducer, and it's a wonderful way to try and prevent health problems. My brother is an avid bicycle racer and weight-lifter, which both take a lot of commitment. I have three grown (step) children who all played soccer and other sports, and my husband coached soccer, and is pretty active. *They are an inspiration to keep moving. My mom is really supportive, too.* I'm not fast by any means, but I have a blast, and hope to keep running as long as possible. As technology has improved, the clothes, nutritional support, and sports medicine have only become more of an asset. It would be great to see our sport grow and grow.

The *More Marathon* in March 2004 was my third; my first marathon was Chicago in 2002, and I ran the Twin Cities (Minnesota/St. Paul, MN) in 2003. I'm in the lottery for the Marine Corps Marathon in Washington, DC this October, anxiously waiting to see if I've gotten in. *It has been great to see the increasing numbers of women entering races over the last couple of years, and races like the More Half/Full Marathon help to get even more women involved.*

Running is very friendly to all sorts of people, of all shapes and sizes. With a good pair of shoes, it's a sport you can do nearly anywhere. There is a real sense of relief, joy, and accomplishment when you cross a finish line after a long race, and you are presented with a medal for your work. This is among some of the most treasured jewelry/hardware that some of us have!

Jacki is an employee of MDCH.

Send your story on 'wellness' to Employee Health and Wellness e-mail:
MDCS-WOW-WorkingOnWellness

I am Kathie and my journey to wellness began in January 2003.



I was a runner in my former life (before kids) and wanted to start running again on a regular basis. I am the mother to 4 children (now ages 10, 7, 5 & 3), working full-time, and very active in the kids schools, extracurricular activities, etc.

I wanted to start running again to initially help deal with the stress of work and family, but I also knew that there would be additional benefits (more energy, time by myself and hopefully the 4 baby belly would tone up :-)

I know me and that *if I did not have a goal in mind, I would not keep continue running* . So as soon as you were allowed to register I signed up for a marathon and was ready to get started.

At first everything was easy, getting out and running, but by mid-January I determined that I was not a cold weather runner. Well that was solved by my wonderful, but pain-in-the butt dog, Jake, who was beginning to know the routine. At nights when I was debating on having a bowl of ice cream or running in the cold, Jake was learning to locate his leash and 'guilt' me into going.

I joined a training team as a way to meet other people who were as crazy as I was in signing up for marathons. I also wanted to know what was I supposed to eat (Potato Chips are not healthy carbs), how to pace yourself (chasing your dog who runs a 5 minute mile, while you run a 10 minute mile is not the best pacing technique), and how to stretch (bending over to tie your shoes, does not count),

I did run during the summer, but I really did not get my mileage up as I had hoped (5 miles was the farthest that I had run at one time). In October I went to Chicago where *I learned that running is 90% mental and 10% physical*. I went with the intention of not running, and that it was going to be a nice weekend away from the kids; this was Friday. On Saturday I was beginning to think that, if I can make it halfway, I would be ecstatic! Sunday was the race and that morning I was still thinking, if I could make it halfway, I would be OK.

Seeing all the runners lining up, and feeling all the energy I knew that I was going to finish. I hooked up with a group who ran from 5 minutes and then walked for 1 minute and that got me to mile 18. Then my knee started to really bother me, and at one point in the race I had an ice-pack on the front of my knee, the back of my knee, and saran wrap holding them in place from the middle of my calf to the middle of my thigh. *I walked the last 7 miles*.

*The goal that I set for myself back in August 2003 was to finish the race in under 6 hours. My finishing time was 5:59:54. 6 seconds to spare. **CONGRATULATIONS Kathie!!!!***

The 2 marathons taught me that what you think is impossible or just too difficult, really isn't and that you are your biggest obstacle. These experiences prove to me, that I can do it, and that I am strong when I don't think that I am; and that you can take another step no matter how much it hurts, because you are not alone; there are other people out there pushing you through.

Kathie works as a Surveillance & Evaluation Specialist in the Tobacco Section at MDCH.

Fudgy Chocolate Walnut Pie

American Heart Delicious Decisions

Ingredients:

Vegetable oil spray

1/2 cup reduced-fat thin chocolate wafer cookie crumbs or chocolate graham cracker crumbs (about 10 wafers or 8 graham cracker squares)

1 cup sugar

3/4 cup fat-free evaporated milk

1/2 cup light corn syrup

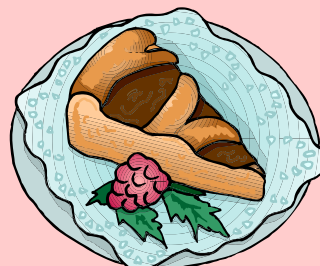
3 tablespoons unsweetened cocoa powder

3 tablespoons semisweet chocolate chips

Egg substitute equivalent to 3 eggs

2 tablespoons chopped walnuts

Calories:	240
Protein	5 g
Carbohydrates	51g
Total fat	3g
saturated	1g
polyunsaturated	1g
monosaturated	1g
Cholesterol	1mg
Fiber	1gm



Directions: Preheat oven to 350°F. Spray a 9-inch pie pan with vegetable oil spray. Using your hands, pat crumbs on bottom of pie pan. In a medium saucepan, whisk together sugar, milk, and corn syrup; cook over medium heat until sugar has dissolved, 3 to 4 minutes, whisking occasionally. Remove from heat. Whisk in cocoa powder and chocolate chips. Let mixture stand for 5 minutes, whisking occasionally to help it cool slightly. Whisk egg substitute into chocolate mixture until smooth; pour into pie pan. Sprinkle with walnuts. Place pie pan on a baking sheet. Bake for 35 to 40 minutes, or until center is set (doesn't jiggle when pie is gently shaken). Let pie cool on cooling rack for 30 minutes. Serve warm or chilled. Serves 8.

Cook's Tip Use these dark, slender cookies as creative garnishes. Here are just a few ideas: Insert a whole wafer on top of a scoop of nonfat frozen yogurt, break wafers into irregular pieces and arrange them on a low-fat custard pie, or sprinkle crumbs over pudding made with fat-free milk.

WOW New's Contest & FREE Drawing 05/04

- All State of Michigan employees are eligible.
- Send your answer by the WOW e-mail link provided:
MDCS-WOW-WorkingOnWellness@michigan.gov
- The names of employees giving the "correct" answer will be put into a monthly drawing for one FREE gift.
- Each month one new winner will be chosen; sorry an employee can win only once.

May 2004's question is: Name the two types of exercise that help prevent osteoporosis and give an example of each.

(Remember the answers are in **May's WOW**.) E-mail your answer by 5/20!